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OTTAWA

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Tuesday, September 6, 2011
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News worth sharing.

Strikers lead Labour Day march

- ▶ CUPW member says: We make this a priority because working families need to make ends meet
- ▶ CUPE, OPSEU, CUPW among participants in annual march



JOE LOFARO
@METRONEWS.CA

Leading yesterday's Labour Day march had a special meaning for Algonquin College support staff who have been on strike since Thursday.

Ontario Public Service Employees Union (OPSEU) Local 416 president Jan Strickland, who is a student-success specialist at Algonquin, took a break from walking the picket line to lead the march with her fellow union members.

"It's a great privilege they've given to us to be here and head this thing up," said Strickland. "We're meeting lots of wonderful people here and we are the working class of Ottawa so this is an important place to be."

Hundreds of workers holding banners and signs marched down Lisgar and Elgin streets and headed toward McNabb Park.

Strickland said walking in the parade will help spread the union's message out to the public. The strike, which will

"We're hoping to get the message out to the public that we are on strike and that we are hoping for a quick settlement."

**JAN STRICKLAND, OPSEU LOCAL 416
PRESIDENT**

continue today — the first day of classes for Algonquin students — is primarily concerned with concerns about job security, she said.

Five support-staff positions have been deemed redundant by management, she said. The union and management are also clashing over wages.

Local politicians, including Mayor Jim Watson, MPPs Bob Chiarelli and Yasir Naqvi, and Ontario NDP candidate Anil Naidoo, also marched in the parade.

Labour Day has been celebrated in Canada for 117 years to recognize the contributions of Canadian workers, said Minister of Labour Lisa Rait in a statement issued yesterday.



▶ OPSEU Local 416 president Jan Strickland, second from right, walks with fellow union members in the annual Labour Day march on Elgin Street yesterday.

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Some cool on Hot baby prize

A new contest at radio Hot 89.9 called "Win a Baby" is drawing both applause and condemnation.

The radio contest, announced yesterday, offers people a chance to win up to three fertility treatments at a local clinic, valued at \$35,000. Entrants are required to write a letter to the sta-

tion explaining why they need the treatment.

To qualify for the top five, though, the women need to submit a reference form from a family doctor and will have to undergo a mandatory consultation with fertility specialists.

Most Facebook and Twitter comments praised the contest, but some felt

it went too far.

"I think we're crossing some morality lines with this contest. ... Imagine telling your child, you were a prize from a radio station because we had problems conceiving," wrote Casey Schofield on the station's Facebook page.

"When one in six couples have trouble conceiv-

ing — that's a huge percentage," said Hot 89.9 co-host Jeff Mauler. "If we help out those families or individuals who are looking to do this, then I think those people who are against it should see the bigger picture and realize that we're actually trying to help somebody who couldn't do this otherwise." **JOE LOFARO**



► An Ottawa bus shelter display on Hot 89.9's controversial new contest.

Shelter area 'safe and secure'

► Shepherds has cameras inside and outside, staff members carry alert pendants, radios, spokesperson says



JESSICA SMITH
@METRONEWS.CA

After two residents of the Shepherds of Good Hope were killed near the shelter this year, a spokesperson for the charitable organization says an increased police presence wouldn't help make its area of Lowertown safer.

Rob Eady said the two deaths were a "coincidence."

"As far as we're concerned, the staff are well trained in safety and security measures and keep the area around the Shepherds safe and secure," Eady said. "The police are very visible and we co-operate and work with them very closely."

"I don't think increasing them would change things. They're there quite often and we're happy with that,"

"I just think it's a coincidence that there were people found murdered near the Shepherds. I don't think it means it's less safe. There was a girl murdered outside the CEGEP in Hull, I don't think it makes that area less safe as well."
SPOKESPERSON ROB EADY

he added.

Outside the shelter yesterday, a resident named Jessica said the area is safe when she's with her friends.

"I don't think it is scary, but I have a lot of friends around. I don't like night-



► Jamie Nooveya, right, and a friend stand outside of the Shepherds of Good Hope yesterday. They remember murder victim Leanne Lawson as a kind and sweet person.

time, period," she said. "I just sit here, I don't really walk anywhere."

Jamie Nooveya, a longtime resident of the shelter, said murder victim Leanne Lawson was a good person and was "friends with everyone."

"There was no reason to fight with her. She always had a smile and a hug," said Nooveya. She said the area around the shelter is safe for women, but it gets dangerous when you start to walk away.

Eady said the staff work

with residents regularly to address their concerns.

"We're always working. We work with the City of Ottawa and we have client meetings on a regular basis, and we work with our clients on safety and security."



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Toronto's Labour Day parade affords hundreds a chance to say "thank you" to the late Jack Layton. Video at metronews.ca

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A little something for you...

Frosh welcomes non-conformists

If rocking out to Down with Webster isn't your idea of a good time, the organizers of Alternative 101 at the University of Ottawa are offering first-year students a different experience for frosh, one centred on community building and effecting justice.

Alt 101 posits itself as "a politically progressive and radically different week," said Zaheen Karim, campus relations co-ordinator for the Ontario Public Interest Research Group (OPIRG) at the university.

Now in its sixth year, it runs until Sept. 10, and approximately 60 to 70 students are signed up for the week's events.

Most events are alcohol-free and the total cost to attend is \$40. If students are already attending another faculty orientation, the fee is lowered to \$25.

AMEN JAFRI

Alt 101

- ▶ **Sept. 6, 10 a.m.-1 p.m.** Activist Brigette DePape will lead a participatory workshop on how ordinary people can effect change in the world.
- ▶ **Sept. 7, 5-7 p.m.** Sex Toys 101 workshop with Venus Envy owner Shelley Taylor.
- ▶ **Sept. 8, 3-5 p.m.** A panel of campus activists will reflect on activism at Ottawa U in the past and give perspectives on how to move forward.
- ▶ **Sept. 8, 5-7 p.m.** Students are invited to participate in the Take Back the Night March, a call to end gender violence.
- ▶ **Sept. 9, 3-7 p.m.** Check out the social-justice fair and learn more about the work groups on campus and around town are doing and how to get involved.

Serious about comedy

ELIZABETH GRIFFEN-ALLEN/HARIKONDABOLU.COM



▶ Comic Hari Kondabolu

▶ **Comic to perform at Alt 101** ▶ TV special debuted earlier this year



AMEN JAFRI
OTTAWA@METRONEWS.CA

New York standup comic Hari Kondabolu says that in a post-9-11 world, comedians of colour can get easily niched and stereotyped by mainstream audiences.

"You're one of those 9-11 comics that have showed up," is how some of them are dismissed, says the 28-year-old.

A 10-year veteran of the craft himself, he maintains that he has built a loyal following because of the strength of his material, which is deeply personal and sometimes polarizing, due to its focus on race, class and politics.

"I'm giving an honest point of view and I'm funny about it," he said from Seattle, where he recently

performed at the Bumber-shoot festival.

His shows attract a diverse audience, ranging from social workers, teachers, students and human rights organizers. Mostly, though, "it's people who believe passionately in the issues I'm talking about."

Kondabolu will be performing tonight as part of Alt 101 Week at the University of Ottawa. He's curious to see how the audience will react to his comedy and whether he'll need to adjust his material.

"It's hard, because it's not really a conversation. It's a monologue," he said, referring to most standup routines. "But I can acknowledge what's happening in the room. You have to mix up the game plan if it's not working."

ADVERTISING FEATURE



BACK TO SCHOOL AND THE SEPTEMBER ASTHMA SPIKE

Every year, around the third week of September, hospitalization rates skyrocket for people with asthma.

Research points to two main culprits:

1. Over the summer, people with asthma tend to break from routine, including managing their asthma
2. Once back at school, kids pass around viral infections (colds) and bring the bug home to family members.

Ways to stop the asthma spike:

1. Always monitor and control your asthma. This means only occasional minor symptoms and little need for a "reliever" puffer, and no problems exercising or sleeping.
2. Reduce the spread of viral infections. Wash your hands regularly, cough into your arm or tissue (remember to toss the tissue after), and don't touch your hands to your face when in public.

Dr. Tom Kovesi, pediatric respirologist at Children's Hospital of Eastern Ontario (CHEO) warns, "If you have been prescribed a controller medication and you don't take it all year round, you should definitely ask your doctor whether you should start taking it to prepare for the September spike."

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Lightning kills father

- Family was sleeping at campsite
- Infant OK, mother in recovery

A 26-year-old Ottawa man was killed when lightning struck his tent on Sunday morning at a campground east of Ottawa.

His infant son was sleeping in the tent with him, but was unharmed.

Ryan Snutch, his partner RoseAnn Garde and their son, Julian, were taken to Hawkesbury General Hospital at about 9 a.m. Snutch was pro-

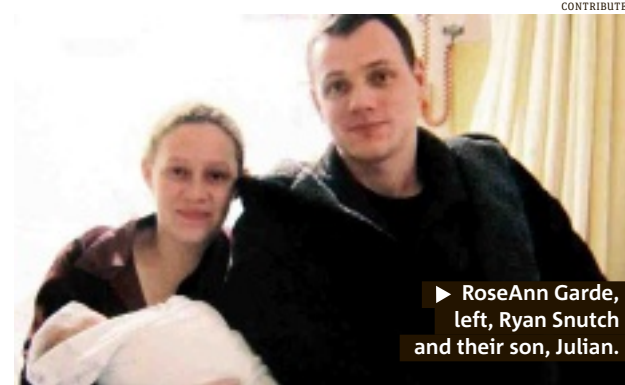
nounced dead at the hospital.

Garde is expected to recover, according to police.

The family was sleeping at the Whispering Pines Campground in Curran, about 80 kilometres east of Ottawa.

Lightning hit a nearby tree and went through the ground to the tent, police said.

● METRO



► RoseAnn Garde, left, Ryan Snutch and their son, Julian.



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Board probes plane skidding at Ottawa airport

A United Express plane carrying 44 people skidded off the runway at Ottawa International Airport Sunday.

Emergency and airport officials said all the passengers travelling from Chicago got off the plane safely and were taken into the terminal on city buses.

"No injuries, everybody is absolutely fine," said Krista Kealey, the director of communications at the Ottawa airport.

Marc Messier, a spokesman for the Ottawa fire service, said the Embraer 145 suffered some damage to the undercarriage and a wing, causing a substantial fuel leak. He said city fire crews assisted airport firefighters in controlling the fuel spill.

The plane was completely sitting on a grassy area surrounded by emergency vehicles. The plane appeared to be tipping up

44 The number of passengers aboard the United Express plane transported safely by bus to the terminal.

with its rear stuck in the grass and the nose elevated higher than normal.

One frightened passenger who tweeted from the plane said people were screaming as the plane skidded and a wing went into the dirt.

It's not the first time a United plane has skidded off the runway in Ottawa.

In June 2010, a United Express Embraer 145 with 36 people aboard went off the runway. Three people were taken to hospital.

The Transportation Safety Board is investigating. It said that the plane was operated by Trans States Airlines as United Flight 3363.

THE CANADIAN PRESS

PATRICK DOYLE/THE CANADIAN PRESS



► A United Express plane sits in the grass after it slid off the runway at Ottawa International Airport on Sunday. All 44 passengers travelling from Chicago got off safely and were taken into the terminal on city buses.

Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada in 2008 to accept a job with a high-tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine native, and Branch Manager at Scotiabank's Courtland & Shelley branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived six years earlier. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home, he connected with Cris once again for a mortgage¹ pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high-interest savings accounts, to save for a downpayment, or Registered Education Savings Plans (RESP)² for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).



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"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The Scotiabank StartRight[™] Program³ for Newcomers includes a free day-to-day bank account for one year⁴, a wide range of VISA[®] card options⁵ and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a Scotia[®] advisor who helped them obtain their new home earlier this summer.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

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Parade keeps Layton's spirit alive



► From right to left, Mike Layton, Ontario NDP Leader Andrea Horwath, interim federal NDP Leader Nycole Turmel, and Sarah Layton march in Toronto's Labour Day parade in memory of Jack Layton yesterday.

► Thousands marched, many clad in orange and raising NDP banners ► Ontario NDP leader predicts a turning of the tide in the upcoming provincial election

The memory of Jack Layton loomed large at Toronto's Labour Day parade yesterday, with his name or picture on banners, placards, orange T-shirts and scarves.

Thousands of people, many wearing union T-shirts and others pushing strollers, some on bicycles, went on the move from downtown to the CNE in the parade dedicated to the late NDP leader, who died from cancer last month.

Toronto city councillor Mike Layton, his sister Sarah, interim federal NDP leader Nycole Turmel and Ontario NDP Leader Andrea Horwath led off the procession, which featured members of various unions marching, bagpipes, drums and vehicles with balloons.

They held an orange banner featuring a photograph of a smiling Jack

Layton that read "Labour Day march for Jack."

Mike Layton said his father would have enjoyed the parade and all the orange people were wearing.

"I know he always enjoyed a good parade and a good showing of solidarity with the workers of our city," he said.

A yellow banner was emblazoned with the words "Olivia We're With You." The Parachute Club song Rise Up, which Lorraine Segato sang at Layton's state funeral in Toronto, rose into the air alongside union members singing "solidarity forever."

Ontario NDP Leader Andrea Horwath said the parade was a chance to say thank you "in a large and vocal way" to Layton for his contribution to society. "Jack worked very hard for everyday working peo-

Leader of Pack

- New Democrat MP Olivia Chow says she won't succeed her late husband, Jack Layton, as the next NDP party leader.
- Chow's name has been mentioned by some as a potential candidate.
- Among several contenders are Quebec MP Thomas Mulclair and party strategist Brian Topp.

ple, not only to get justice in terms of workplace issues, but to really make a difference for everyday families."

Horwath also called the parade a passing of the torch. "I think that today is a way of saying, 'You know, let's stay united and let's make sure that we actually fight for and work towards the kind of vision that Jack set out.'"

THE CANADIAN PRESS



► Faron Hall

'Homeless Hero' will do time

► JAMES TURNER
IN WINNIPEG

A man known affectionately across Canada as Winnipeg's "homeless hero" has been ordered to serve six months in jail following a panhandling run-in.

Faron Hall, 48, was arrested May 30. He pleaded guilty to a charge of assault.

The victim and her two kids were getting into their car after shopping when Hall approached and asked for money, court heard. The doctor apologized, telling Hall she had no cash, and reached to give him apples.

Hall grew angry and "slammed the door on her, pinning her between the

car and the door," according to Crown attorney Susan Helenchilde.

Hall's heroics when he rescued a young man from Red River in May 2009 won him official honours from the City of Winnipeg, along with national attention. Months later, he rescued a friend from the same river.

Another shot on Samson Cree Nation

RCMP are investigating the fatal shooting of a 23-year-old woman on the Samson Cree Nation yesterday, next door to where a boy was shot to death in July.

Officers responded

around 2:55 a.m. to find a woman in the yard suffering gunshot wounds. She was pronounced dead in hospital in Wetaskiwin.

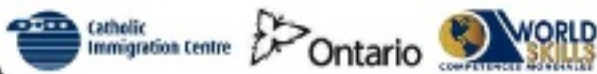
There are no suspects at this time. Police are not saying whether they think the shooting is linked to the July 11 killing of five-year-old Ethan Yellowbird, who died by a single gunshot as he slept.

► SHELLEY WILLIAMSON
IN EDMONTON

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Seeking justice



► A woman holds a photo of a dead relative outside the trial of former Egyptian president Hosni Mubarak yesterday.

Mubarak trial erupts in chaos

A senior police officer said there were no orders to shoot protesters in Cairo's Tahrir Square in startling testimony yesterday, at the trial of ousted president Hosni Mubarak on charges he was complicit in killing Egyptians involved in the uprising against his rule.

The testimony came from a police general who had been called to the stand by prosecutors who had expected him to reveal who gave orders for police to open fire on protesters. But Gen. Hussein Moussa said police were ordered to use only tear gas and rubber bullets and resorted to live

ammunition only to protect police stations.

It was a dramatic and confusing start to the prosecution's case. Mousa was the first witness to be called in a trial that has been dominated by procedural issues since it began on Aug. 3.

The session was stormy. Outside the police academy compound where the trial is being held, hundreds of relatives of protesters who were killed in the uprising clashed with police and tried to force their way in, frustrated at being prohibited from attending the trial.

THE ASSOCIATED PRESS

Gadhafi reps sought arms, China confirms

- Libyan rebels say invoice was found listing \$200M in Chinese weapons
- Transitional government calls for improved relations with Beijing

China confirmed yesterday that representatives of Libyan dictator Moammar Gadhafi visited in July in a bid to buy arms, news that could further damage Beijing's relations with the new opposition government in Tripoli.

Although China insists no weapons were delivered, a spokesman for the Libyan opposition said there is evidence that Chinese companies shipped weapons through Algeria to Gadhafi's forces after the outbreak of the uprising in violation of a United Nations arms embargo.

Rebel military spokesman Abdel Raham Busim said documentation was still being collected and the new government was considering bringing legal action against Beijing, possibly at the United Nations.

Chinese Foreign Ministry spokeswoman Jiang Yu said Gadhafi's officials met with representatives from Chinese companies but insisted that no contracts were signed and no weapons were shipped.

She said China strictly adheres to a United Nations ban on supplying arms to the toppled regime and backed the role of the U.N. in a post-conflict Libya.



► A rebel looks at boxes of shell heads in a Libyan state industrial complex found by fighters in Crimea district, south of Tripoli, on Sunday.

Although there was no indication that the government played a role in the contacts, the fact that the meetings were held could deliver a further blow to Beijing's ties with Libya's rebels while reinforcing the belief that China may have been trying to play both sides of the conflict. THE ASSOCIATED PRESS

Rebels converge on dictator's stronghold

Rebel reinforcements converged outside one of Moammar Gadhafi's last strongholds in Libya yesterday,

even as the forces arrayed against the toppled dictator gave the town a chance to surrender and avoid a fight.

Thousands of rebels have now reached Bani Walid, a desert town southeast of Tripoli. Gadhafi himself has been on the run since losing the capital last month.

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Soggy Lee threatens flooding

Former tropical storm Lee dumped more than 30 centimetres of rain in New Orleans and spun off tornadoes elsewhere as its centre came ashore in a slow crawl north that raised fears of inland flash flooding in the Deep South and beyond.

Areas of Alabama, Louisiana and Mississippi near the coast reported scattered wind damage and flooding, but evacuations appeared to be in the hundreds rather than the thousands, and New Orleans' levees were doing their job more than six years after Hurricane Katrina swamped the city.

National Hurricane Center specialist Robbie Berg said Lee's flash-flood threat could be more severe as the rain moves from the flatter Gulf region into the rugged Appalachians.

THE ASSOCIATED PRESS

34 dead as Talas slams Japan

THE ASSOCIATED PRESS

► Heavy downpours by Typhoon Talas swamp a residential area in Kiho, central Japan.



► Fears of more mudslides in rain-soaked areas delay rescue efforts ► 200,000 homes without power

Japan braced for more heavy rain and floods as the death toll from the worst typhoon to hit the country in seven years climbed to 34.

Rescuers searched for 55 others who remained missing, and tens of thousands of families struggled without power or telephone service.

Typhoon Talas, which was later downgraded to a tropical storm, lashed coastal areas with destructive winds and record-setting rains over the weekend before moving offshore into the Sea of Japan. Thousands were stranded as it washed out bridges, railways and roads.

The destruction added more misery to a nation still reeling from a catastrophic earthquake and

tsunami six months ago. In one of his first acts in office, Prime Minister Yoshihiko Noda — sworn in just one day before Talas made landfall — vowed the government would provide as much assistance as quickly as it could.

"We will do everything we can to rescue people and search for the missing," Noda said.

The typhoon was the worst to hit Japan since 2004, when 98 people were killed or reported missing.

It caused most of its damage on the Kii peninsula in central Japan southwest of Tokyo.

The Japan Meteorological Agency predicted more heavy rain today in northern and western Japan, where the already sodden

ground caused fears of more mudslides and floods.

The extent of damage from the typhoon was still emerging yesterday.

Rescuers and reconnaissance teams spread out over the worst-hit areas to look for survivors or people stranded in flood zones, which though far smaller in scale, were reminiscent of the debris-ridden, mud-caked wasteland created by the tsunami.

During the search effort yesterday, rescuers recovered a dozen more bodies, bringing the confirmed death toll to 34, according to the government's emergency headquarters.

Evacuation advisories remained in place for about 100,000 people.

THE ASSOCIATED PRESS

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Obama faces wrath of jobs this week

September trading starts in earnest today with a trio of major events that will unspool throughout the week.

The Bank of Canada is expected to announce no changes in interest rates tomorrow, even though data last week showed the economy shrank slightly in the second quarter.

And economists expect modest job growth when Statistics Canada releases its August employment report on Friday. The consensus calls for the Canadian economy to have created about 25,000 jobs after a

gain of more than 7,000 in July.

But the event that will have a greater impact on stock markets happens Thursday night when U.S. President Barack Obama unveils his jobs program.

Economists were deeply disappointed last week when the August non-farm payrolls report showed flat monthly U.S. net job growth for the first time since 1945.

Some analysts say Washington will have to offer tax incentives to companies to hire the unemployed. Others say Obama will likely find resistance from the Republican-controlled House of Representatives over anything that hints at higher spending. **THE CANADIAN PRESS**

Apple on scent of lost iPhone prototype

► Company enlists police to help find gadget misplaced by employee



DANIEL BARRY/GETTY IMAGES

San Francisco police officers helped Apple Inc. investigators look for a missing iPhone 5 prototype that was left in a restaurant in July, the police chief said, the second time in two years the company has lost an unreleased smartphone.

Police Chief Greg Suhr said four plainclothes officers accompanied two Apple investigators who searched a San Francisco home for the device.

The Apple employees conducted the house search after asking the resident's permission, and the officers did not enter the home, police said.

Apple tracked the smartphone to the home using GPS technology, but the

gadget wasn't found there.

Sergio Calderon, who lives in the home, said he was led to believe all six people were police officers and would not have admitted the two investigators had he known they worked for Apple.

Apple officials would not comment on the case.

Apple, based in Cupertino, Calif., is reportedly planning to release the new iPhone this fall.

Last week, two men were charged with misdemeanours for selling a lost Apple iPhone 4 they found in March 2010 in a bar in Redwood City, Calif. That phone was sold to the gadget blog Gizmodo.com for \$5,000. **THE ASSOCIATED PRESS**

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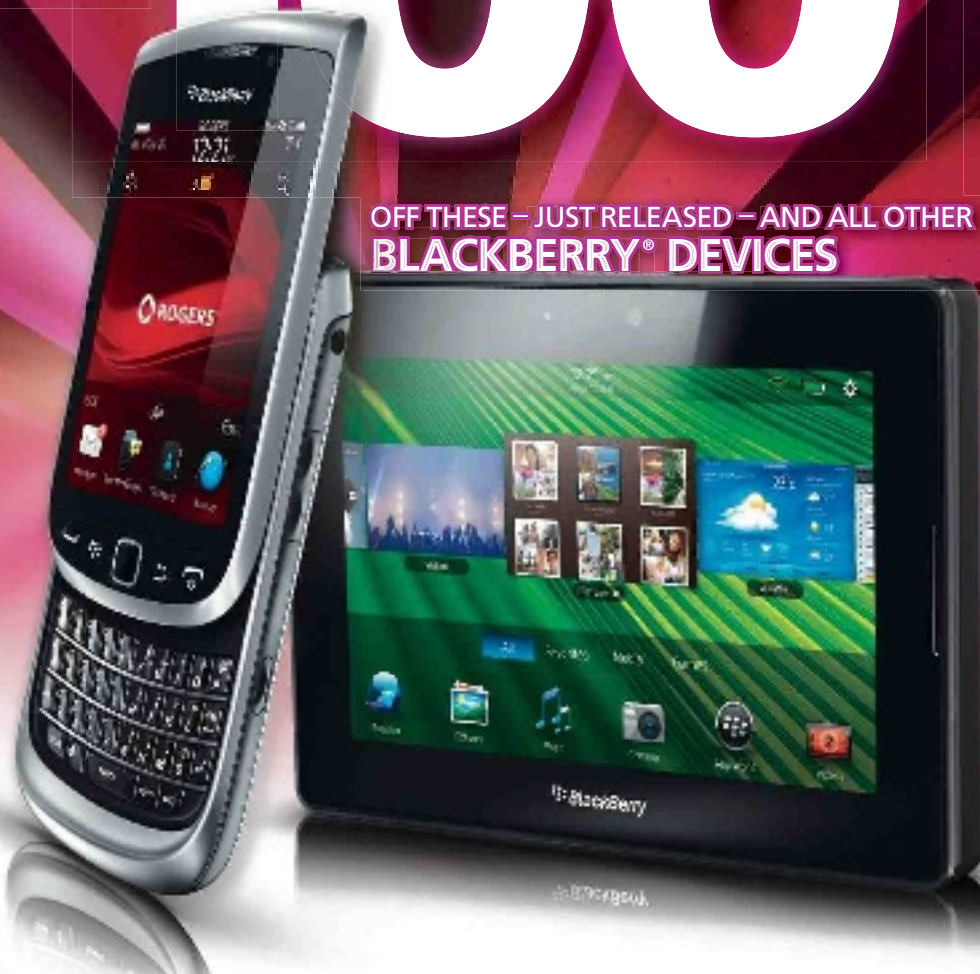
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THIS TIME, IT'S ALL ABOUT YOU

SHE SAYS ...

JESSICA NAPIER
METRO



Humans are social creatures; we crave the comfort of other warm-blooded beings in close proximity. At work we're lauded for our teamwork skills and at leisure we're obsessed with being connected (virtually or otherwise). And yet, despite our natural desire to seek out togetherness, there is something to be said for being alone.

No, not the sad, weepy, nobody-loves-me kind of loneliness you experience on the first night after a breakup. And not the alone time that you spend tweeting or curating your Facebook profile. I'm talking about legit solitude.

The thought of isolation makes some people very nervous. After five minutes of seclusion we feel panicky, compelled to reach for our phones and connect to the rest of the world. But when we are constantly looking to others to validate our existence,

learning how to be alone is more important than ever.

I often find myself feeling desperate to disconnect and enjoy some solid me time. Not because I'm antisocial and wallowing in self pity (I'm looking at you, Bridget Jones, singing All By Myself into a tub of ice cream) but because in everyday life there is a constant pressure to be on. Sometimes I just need to switch off.

It's so important to take time off from the daily performance of being a best friend, a lover, a co-worker, and to allow ourselves to just be. Whenever I'm by myself, I find time to do all those things I've been meaning

to do, or I find time to do nothing at all.

Whether I'm more relaxed or more productive, I'm ultimately more myself when I'm alone than at any other time.

Single living, if your budget allows, is a marvelous luxury. You have total freedom to live by your own rules: make a mess, go out all night, sleep all day (diagonally if you're so inclined), have cereal for dinner, listen to awful music and decorate however you please.

And if you become unsatisfied with your solo time indoors, the city can be a wonderful place for loners. You can wander unnoticed in the crowded streets, disappear in darkened movie theatres, slip into near-silent art galleries and forget the rest of the world.

Solitude in large doses may not be for everyone, but to be alone by choice — in a content and meaningful way — is an essential part of the human experience.

Read more of Jessica Napier's columns at metronews.ca/shesays

Diverting milk bags from a landfill to help Haiti

NEWS WORTH SHARING

Who knew that combining plastic milk bags and basic crocheting skills could be environmentally friendly and help victims of a natural disaster?

In only half a year, with former librarian Wendy

Kool's guidance, Ottawa students have collected 25,000 milk bags that otherwise would have ended up in a landfill. The bags were crocheted into sleeping mats for those in Haiti still displaced following the 2010 earthquake. Kool says, "I went online and researched the project and realized that anyone, even three- and four-year-olds, could participate. There

was no cost, and it was a win-win situation for our ecology and the people in need of a clean, dry place to sleep. The schools were very excited in participating."

This amazing initiative has proven that it's possible to make a big difference with just a little. Kool creates kits for volunteers that include necessary materials and

instructions. Anyone can help and it's easy to learn!
CRAIG AND MARC KIELBURGER

Email us for more information and to get involved.

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- **@stuntmanstu:** I've asked, but @JimWatsonOttawa says no RT @cameroncheers: @stuntmanstu you really should be unofficial mayor of ottawa!!!
- **@CLiF_:** The temperature here in Ottawa is my kind of weather.....hoddies coming out early....#greezy
- **@_Jeff_D:** "@ottawastart: A lot of f-words in Tweets about OC Transpo today." -go figure :)
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Cartoon by Michael de Adder



WEIRD NEWS

Fact: You can earn respect by eating chicken wings

The Black Widow of eating contests has scarfed down 183 chicken wings in 12 minutes to break her own world record set last year in Buffalo, N.Y.

Sonya Thomas took home first place Sunday at the 10th annual National Buffalo Wings Festival. She beat eating marvel Joey

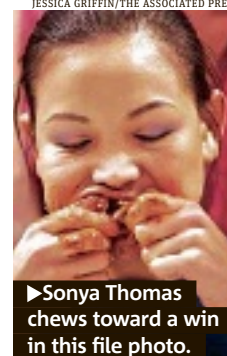
(Jaws) Chestnut, who came in second with 174 wings.

The two won titles at the July 4 hotdog-eating contest on Coney Island.

The 100-pound Thomas of Alexandria, Va., is the reigning wing-eating champion. She downed 181 wings to win the 2010 contest.

Thomas is called the Black Widow because she often beats male competitors in eating contests.

THE ASSOCIATED PRESS



► Sonya Thomas chews toward a win in this file photo.

2

scene

Box office



According to studio estimates Monday, the acclaimed drama about Southern black maids took in \$19 million over the long holiday weekend. Best among the newcomers was Helen Mirren's Holocaust-revenge thriller *The Debt* at No. 2 with \$12.6 million from Friday to Monday. The sci-fi horror tale *Apollo 18* opened at No. 3 with \$10.7 million.

THE ASSOCIATED PRESS



Pacino calls his *Wile Salome* an 'ambitious and complicated' cinematic gesture.



▶ Tom Hardy, left, and Joel Edgerton star in *Warrior*.

Training to be a warrior

▶ Tom Hardy and Joel Edgerton play battling brothers in a film about fighting and family



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METRO WORLD NEWS IN HOLLYWOOD

For *Warrior*, actors Tom Hardy and Joel Edgerton face off as mixed martial arts fighters — and brothers — trying to punch, kick and grapple their way to a better life. But just because they can pass for lethal, musclebound cage-fighters on screen doesn't mean either is ready for a career change. "Any one of you guys could beat me up right now," Edgerton says, sizing up the reporters and publicists in the room, who smile back nervously.

While he's still in peak shape for his next role, Hardy agrees, explaining that the first thing they learned was how little they knew. "You know that we trained because now we know even less about fighting than we did when we started," Hardy says. "You don't go swaggering, because it will come home to roost. It's normally the quietest guy in the room. You learn things like, if I can hear my own voice in a bar fight, I'm just about to get knocked out."

If leaked online footage is any indication, the quiet guy taking Hardy down these days is Christian

Bale, whose *Batman* goes toe to toe with Hardy's freakishly strong Bane in the *Dark Knight Rises*, currently filming — though the only thing Hardy will say about that project is that he "can't talk about it at all."

The third of Christopher Nolan's *Batman* films isn't the first time Bale has gotten in Hardy's way, so to speak, as *Warrior* was originally set to come out last year, but an unfortunate coincidence led to it being delayed. Edgerton explains: "As they got closer to any kind of finished form of the movie, this film called *The Fighter*

came out — a little family drama that centres around a bit of fighting. They're completely different movies, but on a trailer or on paper, the supposition is they're the same thing."

Hardy summed up the similarities more succinctly: "Two brothers fight," he said. "But Christian Bale obviously is going to win an Oscar, so let's not put ours out now."

How big of a delay are we talking? Hardy actually filmed *Warrior* before joining Nolan's *Inception*. So while *Warrior* and the *Dark Knight Rises* have meant lots of weight training and bruises for Hardy, he's had

some rest in between.

"It was like putting on a pair of slippers and a robe and, like, rubbing myself in lavender oils," Hardy says of the transition from one film to the other. "Having everything done for me, it was heaven, to be honest. I had a wire instead of having to leap over things, and no one was trying to hit me in the face. Heaven."

Edgerton, who will next be seen in *The Thing*, is heading back to his native Australia for a similarly comfortable transition, starring alongside Leonardo DiCaprio, Tobey Maguire and Carey Mulligan in the *Great Gatsby*.

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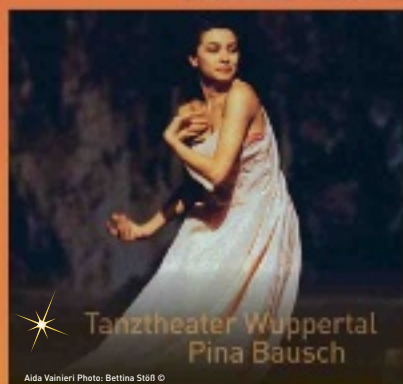
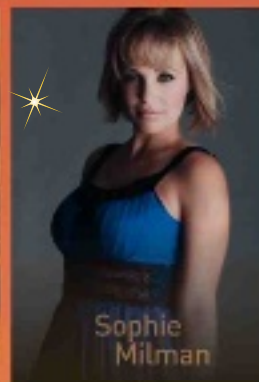
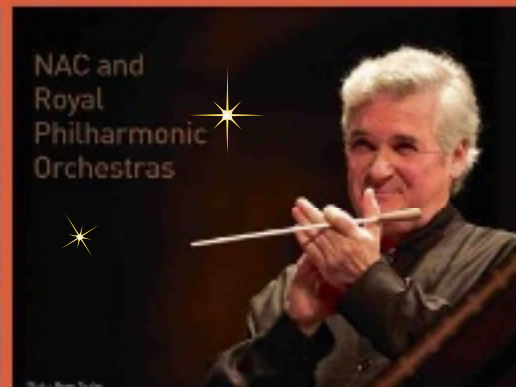
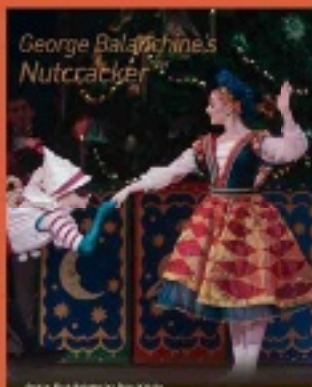
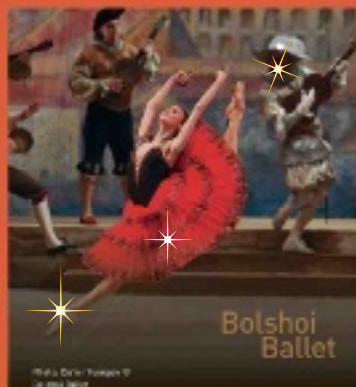
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Ben Mulroney

What was your most memorable interview?

Hands down, it was my recent sit-down with Lady Gaga. To be able to spend an entire day with the biggest pop star on the planet and discover so much about her — from her inspiration, to her professional highs and lows — was so satisfying.

She was so honest, so candid and so truly down-to-earth that I actually felt that I learned something by the time it was done. To conduct an interview that goes beyond promoting an album or pushing a product, and to do so with someone like Lady Gaga, was a gift.

Looking back, what is your most embarrassing moment/interview?

Easiest question to answer: introducing Russell Peters as Russell Simmons. On the Juno Awards red carpet. In my defence, someone had said earlier that day: "whatever you do Ben, don't confuse Peters with Simmons!"

They got in my head and I, of course, enjoyed a truly embarrassing moment on live TV. Add to that, Russell milked that moment for a year until the next red carpet when I introduced him — deliberately — as Richard Simmons.



► Gossip gurus: Ben Mulroney and Tanya Kim

ANDREW MACNAUGHTAN

Tanya Kim

What was your most memorable interview?

I'm fortunate to say I've experienced a number of memorable interviews, but if one were to really stand out, it would have to be the time I spent with Jamie Foxx in Las Vegas. I feel as though it was truly one of the rare times when there really was no barrier between journalist and interviewee.

Jamie was warm, charming, funny, really giving of his time and possessed a wonderfully positive energy. He was the same person when the cameras were rolling and when they weren't. He shared story after story with me as if we were just two old chums reconnecting... I still have warm fuzzy feelings when I think of this interview.

Looking back, what is your most embarrassing moment/interview?

Truthfully, there's not one moment in particular that comes to mind — if there was I would share it with you, absolutely!

I'm a bit of a klutz, I like to goof around and have probably done a "few" (ahem) embarrassing things in my time...which is why it's a good thing I don't take myself too seriously! ● METRO

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Celebrity tweets



Wow, people are being nice to me cause I'm pregnant. Doors being opened, people being helpful etc, its like a whole new world.



@MrsLRCooper

@ActuallyNPH

I think I'm gonna start tweeting about things I dig. Not 'shallow graves' or 'tunnels to China', more just random stuff that I like.



@mindyaling

I'm not wishing Beyonce happy birthday on twitter because I am wishing it to her in person on our yacht we share because we're close friends



@DannyDeVito

Zoe Saldana is cool even when she's not blue



Madonna's new film in need of a prayer

► Directorial debut gets slammed ► Set to come to TIFF

DIMITRIOS KAMBOURIS/GETTY IMAGES



► Madonna

Madonna brought her directorial debut, *W.E.*, to the Venice International Film Festival last week, but the critical drubbing her work received was hardly welcoming.

The film, about American socialite Wallace Simp-

son and starring Abbie Cornish, was dubbed "an extraordinarily silly, preening, fatally mishandled film" by the Guardian.

Variety declared that, "Burdened with risible dialogue and weak perform-

ances, the pic doesn't have much going for it."

The singer and first-time director will next head to the Toronto International Film Festival next week, where she's likely hoping for a warmer reception. ● METRO

Beef on the set of Idol?

JASON KEMPIN/GETTY IMAGES

Tensions are high at American Idol as Jennifer Lopez and Steven Tyler prepare for the second season as judges.

"Me and Randy (Jackson) and Steve got into our first fight. I got really, really upset," Lopez

tells Ryan Seacrest during a radio interview.

The row was apparently over the audition of a female singer whom Lopez found impressive but Tyler and Jackson wanted to dismiss.

"She was amazing,"

► Jennifer Lopez

Lopez says.

"I thought I was being Punk'd. How can we let this girl go? I was upset."

● METRO



► Eddie Murphy

Oscars may be in cards for Eddie

Eddie Murphy may have a new gig as the host of next year's Oscars, according to Deadline.

The Shrek star is reportedly at the top of the list for director Brett Ratner, who is producing the awards show, and Murphy is said to be "showing in-

terest," sources say.

Murphy nearly secured Oscar gold himself for his role in Dreamgirls, but many believe his poorly received comedy Norbit, released during Academy voting, dashed his chances.

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Last resort for addiction: Intervention

► New Canadian show takes an unflinching look at people with drug and alcohol dependencies or other compulsive behaviour ► Based on the Emmy-nominated U.S. show



CELIA MILNE
LIFE@METRONEWS.CA

"If she doesn't get help real soon, she's not gonna live," says Don about his 26-year-old stepdaughter, Loren. She is an alcoholic in Windsor, Ont., and one of the people whose story is told on the new show *Intervention Canada*.

As a child, Loren was abused by her grandfather, and in her young life she has already suffered the loss of several people she loved. She is unemployed, with little hope. Her family believes she's close to death. It's time for an intervention.

The new show, featuring people like Loren who desperately need help, premieres in back-to-back episodes this Friday at 8 p.m. ET on Slice.

It deals with Canadians who are addicted to drugs, alcohol or have other compulsive behaviours. Though addiction is common — affecting one in 10 people in Canada — intervention is a last resort and the majority of people never reach that stage, says Andrew Galloway, one of the interventionists on the show and a substance abuse specialist in private practice in Toronto.

"No one grows up want-

By the numbers

While *Intervention Canada* is all about the worst-case scenarios, serious cases of addiction are common, and are often linked with other mental illnesses. Here are some statistics from the Centre for Addiction and Mental Health in Toronto:

- About 20 per cent of people with a mental disorder also have a substance abuse problem.
- One in 10 people over age 15 report symptoms consistent with an alcohol or drug dependence.
- Only one-third of those who need mental health services actually receive them.

ing to be a crack addict or an alcoholic," says Galloway, who himself is a recovered addict. "They make bad choices. Once they cross that threshold into dependence, they no longer have the ability to make good choices. I know what it's like; I woke up too scared to ask for help, too ashamed to open up."

Galloway hopes the show gives viewers hope that they can live differently. For more information on the show, visit slice.ca/interventioncanada.



► Andrew Galloway, one of the interventionists on *Intervention Canada* and himself a recovered addict.

3

life

You need this

The Guru menu
Based on traditional ayurveda and yoga techniques, this app allows you to choose from 12 different types of cuisine such as Mexican, Indian and Chinese for the healthiest option possible.

● MWN

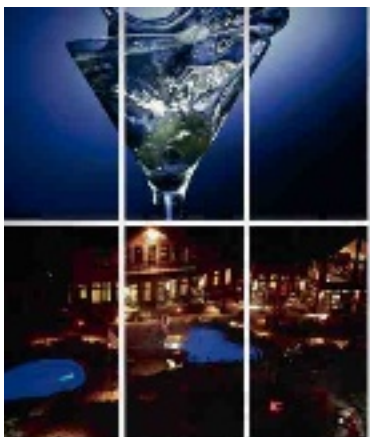


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Fifty years after the diet that made her rich, *Weight Watchers* founder remains slim



PHOTOGRAPH BY

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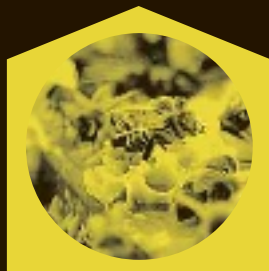
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Up and down

Bee venom botox

Ever since Kate Middleton's stepmother-in-law was reported to use a bee venom face mask, the beauty world has been buzzing with praise.



TV drama

A study shows that after the age of 25, every hour of TV watched might shorten lifespan by 22 minutes.

A scientific spin to great skin

► Dermatologists discuss what you might be missing from your skincare regimen



JANINE FALCON
LIFE@METRONEWS.CA

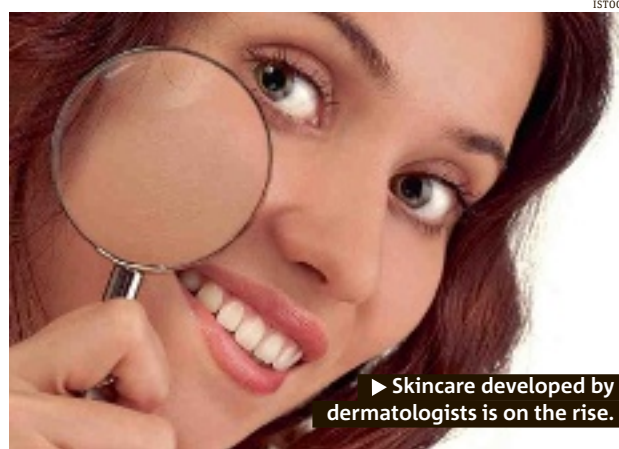
Dermatologist-developed skincare, such as Murad, Dr. Brandt, Dr. Perricone and SkinCeuticals, is a growing beauty category. Canada's expanding list includes blemish-clearing Kellett Skincare, by Dr. Lisa Kellett in Toronto; Riversol, a rosacea treatment line from Vancouver-based Dr. Jason Rivers; and anti-aging Miracle 10, by Dr. Frank Lista, who splits time between Toronto and Mississauga.

But beyond the medical association with dermatologist-developed skincare, what sets it apart from other beauty brands? Higher concentrations of pharmaceutical-grade ingredients, as well as formulations tailored to the doctor's specifications, are usually differentiating

factors. For example, FormulaB, a new acne-easing trio of facial cleanser, toner and treatment cream by dermatologist Dr. Sandy Skotnicki, spins on four per cent benzoyl peroxide, a widely used acne-care antibacterial ingredient (standard drugstore level is two per cent).

Sometimes success comes from an ingredient rarely found in mass-produced products. Rivers based his Riversol for Rosacea formulation on a red cedar tree molecule he learned about via the department of forestry at the University of British Columbia.

Thujaplicin has antioxidant, anti-inflammatory and antibiotic properties; Rivers discovered its positive effects on rosacea when afflicted patients using Riversol, which



► Skincare developed by dermatologists is on the rise.

launched in 2006, started to report improvements.

In the case of SkinCeuticals, a high-profile line launched stateside in 1997, its groundbreaking research and technology put it on the skincare map. Known for potent antioxidant formulas the skin can absorb, the brand sprang from studies delving into

topical vitamin C and its properties.

"We've tested dozens and are able to get only four into skin: Ascorbic acid, alpha tocopherol, ferulic acid and phloretin," says chief medical consultant and co-founder Dr. Sheldon Pinell. Ascorbic acid, a form of vitamin C, and alpha tocopherol, a form of vitamin

Where to buy

- Murad and Dr. Brandt, available at Sephora.
- Kellett Skincare, kellettskincare.com.
- Riversol, riversol.com.
- Formulab, formulab.ca.
- Miracle 10, miracle10.com.
- SkinCeuticals, skinceuticals.com, 1-877-238-8754.

E, work more efficiently in combination with ferulic acid to protect skin from age-inducing free radicals. Phloretin plus L-ascorbic and ferulic acids defends against free radicals, as well as repairs cellular damage. SkinCeuticals is now owned by L'Oréal and became officially available in Canada via select dermatologist offices and spas just over a year ago.

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WHEN YOUR TEETH NO LONGER LIKE HOT OR COLD!

Imagine getting ready to enjoy a nice, aromatic cup of coffee after a wonderful dinner. You bring the cup to your lips, inhale the fragrant scent and let the warm liquid enter your mouth! Only to experience a sharp pain in your teeth as that once welcome liquid coats your mouth!

We could, of course, focus on the fact that coffee is one of the main culprits for stained teeth. But instead, we are more concerned about that immediate "pain" reaction. That could be a sign that you may feel if you suffer from hypersensitive teeth.

Approximately one in four adults suffers from hypersensitivity. And if you think it is only a minor problem, we can assure you it can cause severe pain and discomfort.

The truth is that some cases can be solved simply by brushing with a toothpaste such as Sensodyne. For many people, this is not sufficient to solve the problem.

There are a number of potential causes for hypersensitivity. It is possible that you have an old filling that no longer fits well. If it is leaking, it may need to be replaced. A new filling, properly sealed, may be just what you need to



Dr. David Lui
Dental Surgeon

take away your sensitivity.

However, one of the most common causes of hypersensitivity is the recession of the gums. As we age, it is common for our gums to recede, exposing the root of the tooth to all those hot and cold drinks we love so much.

The good news is that there are steps you can take to prevent your gums from receding. Poor oral hygiene practices are the most common culprit for receding gums. Perhaps improper brushing techniques are leaving plaque on your teeth near the

gum line. Over time, the bacteria this will generate will result in recession at the gums.

Another common problem is brushing too hard. Many people brush their teeth so hard, they actually push the gums down and away from the teeth.

Fortunately, your dentist can help cure your hypersensitivity. If you are brushing too hard, your dentist will usually be able to tell and give you some tips that will help you improve your brushing technique.

If leftover plaque is the problem, a professional cleaning can take care of that in the short term. Then you can talk to your dentist and have him/her show you the proper brushing technique that will best remove as much plaque as possible.

If these steps do not alleviate the pain of hypersensitivity, you may require periodontal treatment. Talk to your dentist to determine the best treatment option for you. Because being able to enjoy hot or cold beverages without any pain is a healthy habit...and healthier habits lead to healthier lives.

Dr. David Lui
- Dental Surgeon

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Mamma Grazzi's doles out smiles

► This well established, quiet spot not only offers delicious Italian eats but also a delightful atmosphere

SHARI GOODMAN



► Brado: ravioli stuffed with cheese, garlic and chili peppers.

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



For the best meal to reveal itself, you need the right restaurant, the right menu item, the right ambiance and the right dining partner. I had all of that the other day at Mamma Grazzi's in the market.

We were outside, sitting at a table precariously perched on the cobblestones surrounded by her-

itage stone walls, trees and animated diners. The sun was warm and the breeze gentle. Wine was served in traditional Italian style, using small tumblers instead of stemmed goblets.

At this well established and quiet eatery, the right menu item is Brado, which is ravioli stuffed with cheese, garlic and chili peppers. It leaves your mouth a touch on fire and full of marvelous garlic.

The ravioli was cooked perfectly with a loveable chew and lusciously stuffed with chunks of sun-dried tomatoes.

Using a leftover piece of

rosemary and garlic-battered bread, I gathered up any wayward sauce and shamelessly cleaned my plate.

A good meal begins with hunger, and the best one ends with a smile.

► **Mamma Grazzi's**
25 George St.
613-241-8656
Reservations: Yes
Social lunch: Yes
Client negotiations: Yes
Lunch with co-workers: Yes
Quick solo lunch: Yes
Price range: \$\$
Rating: 4.5 out of 5

Blueberry Mini Muffins



Take advantage of the season's local blueberry harvest to make these nutritious and kid-friendly mini muffins.

Preparation:

1 Preheat oven to 220 C (425 F). Lightly grease 24 2.5-cm (1-inch) mini-muffin pan cups.

2 In a medium bowl, combine flour and

sugar. Make a well in the centre; add milk, egg and melted butter. Stir gently until mixture begins to form a soft dough; fold in berries; spoon into mini-muffin cups, dividing evenly. Bake until tops are golden, 14 minutes.

THE CANADIAN PRESS/ B.C. BLUEBERRY COUNCIL

Ingredients:

- 500 ml (2 cups) self-rising flour
- 125 ml (1/2 cup) sugar
- 175 ml (3/4 cup) milk
- 1 large egg, lightly beaten
- 50 ml (1/4 cup) butter, melted
- 375 ml (1 1/2 cups) fresh or frozen blueberries

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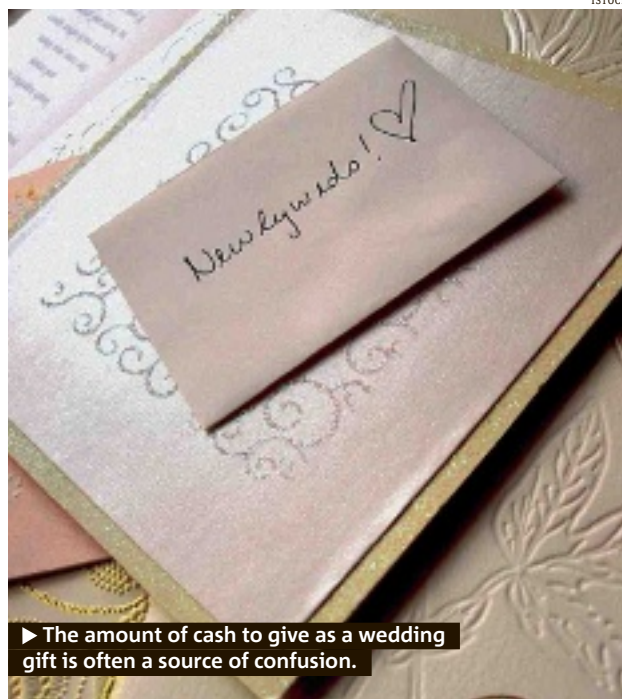
Hi Charles!

Some co-workers and I are having a disagreement about what would be an appropriate amount to give as a cash gift for a wedding. Do you have any insights? Thanks!
Niall, Manitoba

Hello Niall,

There is no rule about how much to give, although some people say you have to give at least the cost of your meal.

This, however, bothers me. If you invite someone to your wedding, it should be because you want him or her to join in your celebration, not because you're try-



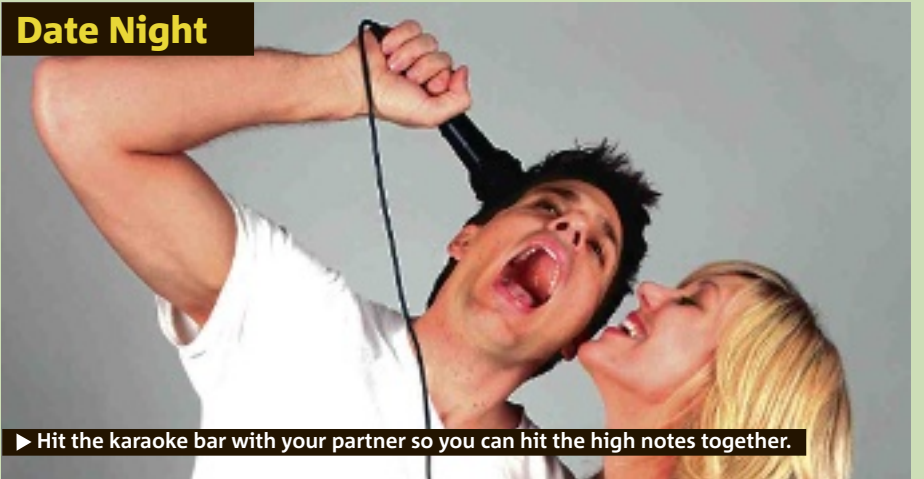
► The amount of cash to give as a wedding gift is often a source of confusion.

ing to raise money to cover the cost of the wedding! My golden rule has always been that you should feel comfortable giving what you can afford. It is unreason-

able for anyone to expect you to go into debt in order to give a present.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

Date Night



► Hit the karaoke bar with your partner so you can hit the high notes together.

Ideas for your next date

1 Warm up your vocals for some musical fun! Channel your inner crooner and belt out your favourite tunes at your local karaoke bar. Try an oldie-but-goodie like Rod Stewart's Do Ya Think I'm Sexy? or make like the cast of Glee and try Beyoncé's Single Ladies (Put A Ring On It). Nothing's sillier/sappier than

staring into each other's eyes and hitting (or trying to hit) those high notes!

2 First date do-over Go on your first date all over again! Hit the kitschy restaurant where you first gazed into each other's eyes, and those wild butterflies will be flitting around your tummy in no time!

3 Experience the thrill of the hunt Indulge your inner voyeur and check out some local open houses. Explore houses you've had your eyes on. While you might not be able to make the leap just yet, there's no harm in a little dream decorating!

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Last week I encouraged students to get a job to help put a dent in hefty tuition bills. Many readers agreed. Others thought the column failed to address the larger social issue; that education in Canada has become obscenely expensive. I agree that the costs are extreme.

Students graduate with great career aspirations, loads of debt and a tough Canadian job market.

But, political and social views aside; students still have to find smart ways to manage their finances.

Students, working a part-time job to pay the bills is a great way cover costs, gain experience and meet people. And, work experience will make you highly marketable to employers!

If a job related to your field of study isn't available, try another industry. Eclectic experiences look great on a resumé and help diversify your skills. Or, become an entrepreneur and cut grass, deliver groceries, write or freelance. Whatever you do, work hard, add

value, be personable and get references.

Educational funds are also available through student loans and lines of credit. But, with debt comes responsibility; only take what you need.

Draw up a budget. Using a spreadsheet or online banking budget tracking tool, list income and expenses (big and small).

Apply 'Financial Bootstrapping' techniques to live financially lean and frugal; reduce cellphone bills, dinners out, negotiate for better rental rates or move to a smaller place. Buy text books, laptops, desks and furniture second hand.

File a tax return. Even though you don't make significant income, by filing a tax return you begin accruing tax deductible RRSP contribution room for future years when you'll earn greater income. You're also entitled to receive a GST/HST credit, which can amount to hundreds of dollars in cash. If you're using student loans, you can claim federal and provincial tax credits for the interest paid throughout the year.

Paying for school is difficult and it takes time to chip away at loans. But you're making an investment in your future. Education will open doors for you in terms of your career and lifestyle.

Meet your credit score

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Phooley to New Year resolutions. My vote for the best time to become a better (slimmer) person while working for world peace is the fall with its energizing cooler months.

But before you take on the world and its problems or even your own BMI (body mass index), focus on an issue of financial health first — your credit score.

It is as important to your financial life as your weight is to your physical well-being.

There are actually two parts to a credit rating. The first is your score.

The bottom line is this: a FICO score of more than 650 means you will likely qualify for most standard loans including a mortgage, line of credit and car loan.

"Check your credit report annually to avoid surprises when applying for mortgages and other loans."

—ALISON'S MONEY RULE

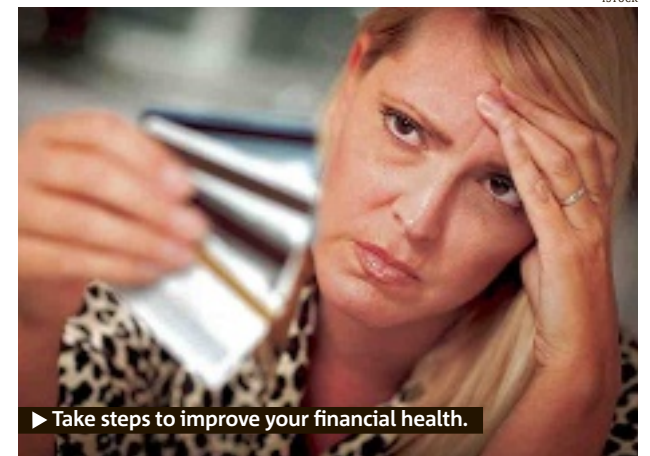
Less than that will probably send you into the arms of higher interest rate lenders. Aim for a score of 700 to give you some leeway.

The second part of your credit rating is your profile — debts, available credit, late payments, closed accounts and other details of your financial life.

It is very important to check your score and profile annually, so make a resolution this very minute to do it before the leaves turn to red and gold.

There are a lot of myths associated with credit scores. Here are three:

1. **Checking my score negatively affects my credit rating.** Nope. Your own inquiry is called a soft-check and doesn't change anything.
2. **Closing old accounts or credit cards will improve my score.** No again. Simplify your financial life by all means, but you are usually better off closing newer accounts



► Take steps to improve your financial health.

or cancelling newer cards.

Retaining recently opened cards and accounts may make it appear you have a short history and a lengthy (good) history is what boosts your score.

3. **As long as I pay all bills and make minimum payments on credit cards my score will be high.** And another no. A key component of your score is available credit.

Try to use not more than 50 per cent of your credit card or line of credit limits. Better yet, pay off your balance every month.

You can access an abbreviated credit report free from equifax.ca or transunion.ca.

A full report plus your score will cost just under \$25. CONTACT ALISON AT

WWW.ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

Stop shaking your piggy bank — shake up old habits instead

Remember what your first savings account looked liked? It was probably a piggy or a giant baseball with a slot at the top. You'd shake it and money would fall out.

Then there was some running to the corner store for candy. And then soon enough, it was the sound you dreaded: that lonely coin rattling around inside a

completely empty plastic container. Why did I have only one penny left?

Old habits die hard. So let's shake something other than our empty piggy bank this year. Shake up our old habits. Don't spend so much money on lattes.

That \$600 fill-in-the-blank fad? It shall pass.

If you have some money to put away, try the new kid on the block: the Tax-Free Savings Account. It's an investment vehi-



Cash in, baby.

Tax-Free Savings Account:

- \$5,000 in new contribution room every year.
- Buy different types of investments.
- Interest and capital gains you make are tax-free.
- Unused contribution room accumulates.

cle that's a bit more flexible than an RRSP, and a bit more lucrative than a plain old savings account.

NEWS CANADA

POPQUIZ

I keep reading news about a slowdown in the US economy — should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at **Metronews.ca/YourMoney**

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section sponsored by:



Allan Small
Senior Investment Advisor — DundeeWealth

metro

4

sports

Quoted



"I was dreaming of that before. I was always telling myself before, 'One day, I'm going to be that guy.'"

NEW YORK YANKEES ROOKIE JESUS MONTERO, WHO HIT HIS FIRST TWO MAJOR-LEAGUE HOME RUNS YESTERDAY AGAINST BALTIMORE. FOUR GAMES INTO HIS BIG-LEAGUE CAREER, THE 21-YEAR-OLD CATCHING PROSPECT HAS MADE QUITE AN IMPRESSION. SINCE HIS DEBUT AT BOSTON LAST THURSDAY, HE'S BATting .385 (5 FOR 13) WITH FIVE RUNS AND THREE RBIS.



Scan code for more sports news.

Labour Day. Not quite a classic



► Hamilton quarterback Quinton Porter scores a touchdown against Montreal yesterday on a short run.

DAVE CHIDLEY/THE CANADIAN PRESS

Tiger-Cats beat Als, move into tie for second in the East

Avon Cobourne rushed for 102 yards and two touchdowns and the Hamilton defence held Montreal's offence to just seven points as the Tiger-Cats hammered the Alouettes 44-21 yesterday afternoon.

Backup quarterback Quinton Porter added two TDs on the ground and starter Kevin Glenn threw for 237 yards and another score through the air as Hamilton (5-4) moved into a tie for second spot in the East Division with Montreal (5-4). The Ticats now hold a two-game advantage in the head-to-head tiebreaker should it be needed to determine playoff seedings.

Lawrie's legend growing

- Canadian rookie hits walk-off home run in bottom of 11th to lift Jays over Red Sox
- Alvarez holds Boston scoreless for six innings ► Farrell returns to the dugout

Brett Lawrie continues to perform when the Toronto Blue Jays need him most.

The 21-year-old from Langley, B.C., hit a two-out home run in the bottom of the 11th inning yesterday as Toronto (70-71) edged the Boston Red Sox (84-56) 1-0.

Lawrie blasted a 1-1 fast-ball from Dan Wheeler (2-2) into the seats in left-centre and leapt into his teammates' arms at home plate after rounding the bases.

"I don't really feel any

1	0
BLUE JAYS	RED SOX

pressure," Lawrie said. "I think it's just another at-bat. If you go up there thinking there's pressure you apply that on yourself, you're not going to have a good at-bat.

"The easiest thing to do is to stay within yourself and treat it like another at-bat. You try to do your best for the team and try to get a pitch you can handle and try to do some damage."

The rookie third baseman has now gone deep eight times since being promoted from triple-A Las Vegas and making his major-league debut on Aug. 5 in Baltimore.

"He's a tremendous athlete," Jays manager John

Farrell said. "He doesn't get caught up in the moment as far as what happened previously. Those events are over. And he's about what can I do in this particular instance, in this pitch, this play defensively, offensively."

The home run made a winner of Shawn Camp (3-3) and ended a three-game losing streak for Toronto.

The victory provided a nice welcome for Farrell who had missed the previ-

ous 10 games as he stayed home to rest after being diagnosed with pneumonia.

Lawrie's heroics took some attention away from the performance of another 21-year-old, right-hander Henderson Alvarez, who pitched six scoreless innings in a no decision.

Alvarez extended his runless string to 14 innings after holding the Red Sox to four hits before being removed after 95 pitches.

THE CANADIAN PRESS

Williams reaches quarter-finals

Serena Williams fought off the wind, along with brief flurries of effectiveness from her opponent, to advance to the quarter-finals of the U.S. Open yesterday with a 6-3, 6-4 victory over Ana Ivanovic.

Williams closed out the match with four straight serves that Ivanovic could-

n't get back — clocked between 99 and 111 mph in a blustery Arthur Ashe Stadium that had both players fighting with their tosses and topspin all day.

"I didn't even go for winners at any point," said Williams, who hit only 16.

"I just tried to get it over because it was so windy. It

was definitely tough."

The top player on the men's side, Novak Djokovic, opened his fourth-round match with a thrilling 16-14 first-set tiebreaker win over No. 22 Alexandr Dolgoplov. Things got easier from there in a 7-6 (14), 6-4, 6-2 victory. THE ASSOCIATED PRESS

PEYTON MANNING

Iron man no more?

The unthinkable suddenly seems possible in Indianapolis — opening the season without Peyton Manning.

The four-time league-MVP who has never missed a start in his NFL

career is doubtful for Sunday's game at Houston because of lingering soreness in his back following off-season neck surgery.

If Manning sits, it would be the first time the NFL's active iron man missed a meaningful game after 227 consecutive starts including the playoffs.

THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	86	53	.619	—
Boston	84	56	.600	2½
Tampa Bay	77	63	.550	9½
Toronto	70	71	.496	17
Baltimore	55	84	.396	31
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	79	62	.560	—
Cleveland	70	68	.507	7½
Chicago	69	69	.500	8½
Kansas City	59	83	.415	20½
Minnesota	58	82	.414	20½
WEST DIVISION				
	W	L	Pct	GB
Texas	80	62	.563	—
Los Angeles	76	64	.543	3
Oakland	64	77	.454	15½
Seattle	58	81	.417	20½

Yesterday's results
Toronto 1 Boston 0 (11 innings)
Chicago White Sox 2 Minnesota 1 (1st game)
Detroit 4 Cleveland 2
Kansas City 11 Oakland 6
N.Y. Yankees 11 Baltimore 10
Tampa Bay 5 Texas 1
Chicago White Sox at Minnesota (2nd game)
Seattle at L.A. Angels
Sunday Results
N.Y. Yankees 9 Toronto 3
Cleveland 9 Kansas City 6
Detroit 18 Chicago White Sox 2
L.A. Angels 4 Minnesota 1
Oakland 8 Seattle 5
Tampa Bay 8 Baltimore 1
Texas 11 Boston 4
Saturday Results
N.Y. Yankees 6 Toronto 4
Boston 12 Texas 7
Detroit 9 Chicago White Sox 8
Chicago White Sox (Peavy 6-7) at Minnesota (Hendriks 0-0), 8:10 p.m.
Kansas City (Duffy 3-8) at Oakland (G.Gonzalez 12-11), 10:05 p.m.
Seattle (F.Hernandez 13-11) at L.A. Angels (E.Santana 11-9), 10:05 p.m.
Tomorrow's games
Detroit at Cleveland, 12:05 p.m.
Baltimore at N.Y. Yankees, 1:05 p.m.
Texas at Tampa Bay, 1:10 p.m.
Kansas City at Oakland, 3:35 p.m.
Boston at Toronto, 7:07 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	89	48	.650	—
Atlanta	82	58	.586	8½
New York	68	70	.493	21½
Washington	65	74	.468	25
Florida	62	77	.446	28
CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	85	57	.599	—
St. Louis	74	67	.525	10½
Cincinnati	69	72	.489	15½
Pittsburgh	65	76	.461	19½
Chicago	61	80	.433	23½
Houston	47	94	.333	37½
WEST DIVISION				
	W	L	Pct	GB
Arizona	81	60	.574	—
San Francisco	74	67	.525	7
Los Angeles	68	72	.486	12½
Colorado	66	75	.468	15
San Diego	61	80	.433	20

Yesterday's results
Arizona 10 Colorado 7
Chicago Cubs 4 Cincinnati 3
Milwaukee 4 St. Louis 1
Pittsburgh 3 Houston 1
San Francisco 7 San Diego 2
Washington 7 L.A. Dodgers 2
Philadelphia 9 Atlanta 0
N.Y. Mets at Florida
Sunday Results
Arizona 4 San Francisco 1
Atlanta 4 L.A. Dodgers 3
Chicago Cubs 6 Pittsburgh 3
Cincinnati 3 St. Louis 2 (10 innings)
Florida 5 Philadelphia 4 (14 innings)
Milwaukee 4 Houston 0
N.Y. Mets 6 Washington 3
San Diego 7 Colorado 2
Saturday Results
Arizona 7 San Francisco 2
Colorado 5 San Diego 4
Florida 8 Philadelphia 4
L.A. Dodgers 2 Atlanta 1 (10 innings)
Milwaukee 8 Houston 2
Pittsburgh 7 Chicago Cubs 5
St. Louis 6 Cincinnati 4
Washington 8 N.Y. Mets 7
Tonight's games
Atlanta (T.Hudson 14-8) at Philadelphia (Worley 10-1), 7:05 p.m.
Houston (Myers 3-13) at Pittsburgh (Lincoln 1-1), 7:05 p.m.
L.A. Dodgers (Lilly 9-13) at Washington (Strasburg 0-0), 7:05 p.m.
N.Y. Mets (Batista 4-2) at Florida (Volstad 5-12), 7:10 p.m.
Cincinnati (Leake 11-9) at Chicago Cubs (R.Lopez 4-6), 8:05 p.m.
Milwaukee (Gallardo 15-9) at St. Louis (Lohse 12-8), 8:15 p.m.
Arizona (Collmenter 9-8) at Colorado (Ham-mel 7-13), 8:40 p.m.
San Francisco (Surkamp 0-0) at San Diego (LeBlanc 2-4), 10:05 p.m.
Tomorrow's games
N.Y. Mets at Florida, 5:10 p.m.
San Francisco at San Diego, 6:35 p.m.
Atlanta at Philadelphia, 7:05 p.m.
Houston at Pittsburgh, 7:05 p.m.
L.A. Dodgers at Washington, 7:05 p.m.
Cincinnati at Chicago Cubs, 8:05 p.m.
Milwaukee at St. Louis, 8:15 p.m.
Arizona at Colorado, 8:40 p.m.

BLUE JAYS 1, RED SOX 0 (11 INN.)

Boston	ab	r	h	bi	Toronto	ab	r	h	bi
Ellsury cf	5	0	1	0	McCoy ss	3	0	1	0
Pedroia 2b	5	0	0	0	Teahen ph	0	0	0	0
AdGnzl 1b	4	0	1	0	Arendt c	0	0	0	0
Aviles pr-3b	0	0	0	0	ETHms lf	4	0	0	0
D.Ortiz dh	4	0	1	0	Bautist rf	4	0	0	0
Youlkis 3b-1b	4	0	0	0	Lind 1b	4	0	1	0
Cwlfird lf	4	0	0	0	Encrnc dh	5	0	1	0
Reddick rf	5	0	2	0	KJhmsn 2b	5	0	1	0
Varitek c	4	0	0	0	Lawrie 3b	3	1	1	1
Scutaro ss	4	0	2	0	JMolin c	4	0	1	0
Wldwr pr-ss	0	0	0	0					
Wise cf	4	0	0	0					
Totals	39	0	7	0	Totals	36	1	6	1
Boston	000	000	000	00-0					
Toronto	000	000	000	01-1					
Two outs when winning run scored.									
E—Papelbon (1). DP—Boston 2, Toronto 1.									
LOB—Boston 10, Toronto 10. 2B—Ellsbury (37), Ad.Gonzalez (41), Reddick (15), Scutaro (15). HR—Lawrie (8). SB—McCoy 2 (9), Encarnacion 2 (7), Lawrie (5).									
	IP	H	R	ER	BB	SO			
Boston									
Beckett	3 2-3	3	0	0	1	6			
Aceves	3 2-3	1	0	0	3	4			
D.Bard	1 2-3	0	0	0	0	2			
Papelbon	1	1	0	0	2	3			
Wheeler L,2-2	2-3	1	1	1	0	0			
Toronto									
H.Alvarez	6	4	0	0	1	4			
C.Villanueva	1	1	0	0	1	0			
Janssen	1	1	0	0	1	2			
F.Francisco	2	1	0	0	1	2			
Camp W,3-3	1	0	0	0	0	1			
T—3:51. A—27,573 (49,260).									

HOCKEY

IIHF WOMEN'S 12 NATIONS

ROUND ROBIN

GROUP A									
	GP	W	OTW	OTL	L	GF	GA	Pt	
U.S.	6	6	0	0	0	48	1	18	
Sweden	6	5	0	0	1	26	14	15	
Canada	6	4	0	0	2	48	13	12	
Finland	6	4	0	0	2	25	10	12	
GROUP B									
	GP	W	OTW	OTL	L	GF	GA	Pt	
Slovakia	4	1	0	0	3	5	17	3	
Russia	4	0	0	0	4	5	32	0	
Japan	4	0	0	0	4	2	32	0	
Switzerland	4	0	0	0	4	3	43	0	
Group C									
	GP	W	OTW	OTL	L	GF	GA	Pt	
Germany	3	3	0	0	0	10	5	9	
Norway	3	2	0	1	0	14	8	7	
Czech Republic	3	1	0	0	2	6	10	3	
France	3	0	0	0	3	3	10	0	
Note: Three points awarded for a win in regulation, two for an overtime win and one for losing in overtime.									
Saturday Result									
At Vierumaki, Finland									
Finland 4 Sweden 2									
Friday Result									
At Vierumaki, Finland									
Sweden 3 Finland 1									
END OF TOURNAMENT									

TENNIS

U.S. OPEN

At New York
MEN
Singles
Fourth Round
Novak Djokovic (1), Serbia, def. Alexandr Dolgopolov (22), Ukraine, 7-6 (14), 6-4, 6-2.
Jo-Wilfried Tsonga (11), France, def. Mardy Fish (8), U.S., 6-4, 6-7 (5), 3-6, 6-4, 6-2.
Janko Tipsarevic (20), Serbia, def. Juan Carlos Ferrero, Spain, 7-5, 6-7 (3), 7-5, 6-2.
Doubles
Third Round
Mahesh Bhupathi and Leander Paes (4), India, def. Somdev Devvarman, India, and Treat Conrad Huey, Philippines, 6-4, 7-5.
Mariusz Fyrstenberg and Marcin Matkowski (6), Poland, def. Jamie Delgado and Jonathan Marray, Britain, 6-7 (5), 6-2, 6-3.
Jürgen Melzer, Austria, and Philipp Petzschner (9), Germany, def. Sergiy Stakhovsky, Ukraine, and Mikhail Youzhny, Russia, 7-6 (3), 6-3.
WOMEN
Singles
Fourth Round
Anastasia Pavlyuchenkova (17), Russia, def. Francesca Schiavone (7), Italy, 5-7, 6-3, 6-4.
Andrea Petkovic (10), Germany, def. Carla Suarez Navarro, Spain, 6-1, 6-4.
Serena Williams (28), U.S., def. Ana Ivanovic (16), Serbia, 6-3, 6-4.
Doubles
Third Round
Kveta Peschke, Czech Republic, and Katarina Srebotnik (1), Slovenia, def. Hsieh Su-wei, Taiwan, and Galina Voskoboeva, Kazakhstan, 6-3, 6-1.
Sara Errani and Roberta Vinci (15), Italy, def. Gisela Dulko, Argentina, and Flavia Pennetta (2), Italy, 4-6, 7-5, 6-2.
Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, def. Jessica Pegula and Taylor Townsend, U.S., 6-4, 6-2.
Maria Kirilenko and Nadia Petrova (5), Russia, def. Maria Jose Martinez Sanchez and Anabel Medina Garrigues (12), Spain, 6-2, 6-3.
Daniela Hantuchova, Slovakia, and Agnieszka Radwanska, Poland, def. Alla Kudryavtseva and Ekaterina Makarova, Russia, 6-3, 4-6, 6-2.
MIXED DOUBLES
Quarter-finals
Elena Vesnina, Russia, and Leander Paes (7), India, def. Olga Govortsova, Belarus, and Kazakhstan, def. Jessica Pegula and Taylor Townsend, U.S., 6-2, 6-4.
Gisela Dulko and Eduardo Schwank (8), Argentina, def. Jarmila Gajdosova, Australia, and Bruno Soares, Brazil, 3-6, 6-3, 10-8 (tiebreak).
Lucie Hradecka and Frantisek Cermak, Czech Republic, def. Irina Falconi and Steve Johnson, U.S., 7-5, 7-5.
Melanie Oudin and Jack Sock, U.S., def. Barbora Zahlavova Strycova, Czech Republic, and Philipp Petzschner, Germany, 6-3, 7-6 (3).

GOLF

PGA DEUTSCHE BANK CHAMPIONSHIP

At NORTON, Mass.
Par-71
Final round
(x-won on second hole of playoff)
x-Webb Simpson, \$1,440,000 69-68-67-65—269
Chez Reavie, \$864,000 67-68-68-66—269
Jason Day, \$416,000 67-69-67-68—271
Luke Donald, \$416,000 66-70-68-67—271
Brandt Snedeker, \$416,000 69-64-72-66—271
Jim Furyk, \$288,000 69-69-66-68—272
Bo Van Pelt, \$268,000 73-68-66-66—273
Hunter Mahan, \$240,000 68-71-69-66—274
Adam Scott, \$240,000 69-63-71-71—274
Phil Mickelson, \$177,333 70-73-63-69—275
David Hearn, \$177,333 68-71-68-68—275
Blake Adams, \$177,333 70-67-68-70—275
Jerry Kelly, \$177,333 66-69-68-72—275
Ryan Moore, \$177,333 68-68-69-70—275
Brendan Steele, \$177,333 67-67-67-72—275
Ernie Els, \$120,000 70-65-71-70—276
Zach Johnson, \$120,000 68-69-69-70—276
Robert Karlsson, \$120,000 74-67-64-71—276
Steve Marino, \$120,000 67-72-68-69—276
Bubba Watson, \$120,000 68-64-70-74—276
Chad Campbell, \$86,400 71-67-69-70—277
Lucas Glover, \$86,400 69-69-69-70—277
Charl Schwartzel, \$86,400 66-66-72-73—277

BASKETBALL

FIBA AMERICAS 2012 OLYMPIC QUALIFYING

At Mar del Plata, Argentina

QUARTER-FINAL ROUND

	GP	W	L	Pt
Argentina	4	4	0	8
Dominican Rep.	4	3	1	7
Puerto Rico	4	3	1	7
Brazil	3	2	1	5
Venezuela	4	1	3	5
Canada	4	1	3	5
Uruguay	3	1	2	4
Panama	4	0	4	4
Note: Two points awarded for a win, one for a loss; games against common opponents carried over to quarter-finals.				
Yesterday's results				
Argentina 79 Canada 53				
Dominican Republic 92 Panama 68				
Puerto Rico 94 Venezuela 82				
Brazil vs. Uruguay				
Today's games				
Puerto Rico vs. Canada , 10:30 a.m.				
Uruguay vs. Dominican Republic, 1 p.m.				
Argentina vs. Venezuela, 5 p.m.				
Argentina vs. Brazil, 7:30 p.m.				
Tomorrow's games				
Canada vs. Uruguay, 10:30 a.m.				
Venezuela vs. Panama, 1 p.m.				
Brazil vs. Argentina, 5 p.m.				
Dominican Republic vs. Puerto Rico, 7:30 p.m.				
Thursday Games				
Panama vs. Canada , 10:30 a.m.				
Uruguay vs. Venezuela, 1 p.m.				
Argentina vs. Dominican Republic, 7:30 p.m.				
Puerto Rico vs. Brazil, 7:30 p.m.				
END OF QUARTER-FINAL ROUND				

SOCCER

MLS

EASTERN CONFERENCE								
	GP	W	L	T	GF	GA	Pt	
Columbus	26	11	8	7	31	30	40	
Kansas City	27	9	8	10	40	36	37	
Houston	27	8	8	11	34	33	35	
Philadelphia	25	8	7	10	31	26	34	
New York	26	6	6	14	41	37	32	
D.C. United	24	7	7	10	34	35	31	
Chicago	26	4	7	15	30	33	27	
Toronto	28	4	12	12	26	49	24	
New England	26	4	11	11	26	39	23	
WESTERN CONFERENCE								
	GP	W	L	T	GF	GA	Pt	
Los Angeles	27	14	3	10	39	22	52	
Seattle	27	13	5	9	42	29	48	
Dallas	27	13	7	7	36	29	46	
Real Salt Lake	25	12	7	6	35	21	42	
Portland	28	10	7	11	39	36	41	
Colorado	26	9	12	5	33	41	32	
Chivas USA	27	7	10	10	32	30	31	
San Jose	26	5	10	11	27	35	26	
Vancouver	26	4	13	9	27	42	21	
Note: Three points for a win, one for a tie.								
Last night's result								
Los Angeles 2 Kansas City 2								
Tomorrow's game								
New England at Philadelphia, 8 p.m.								

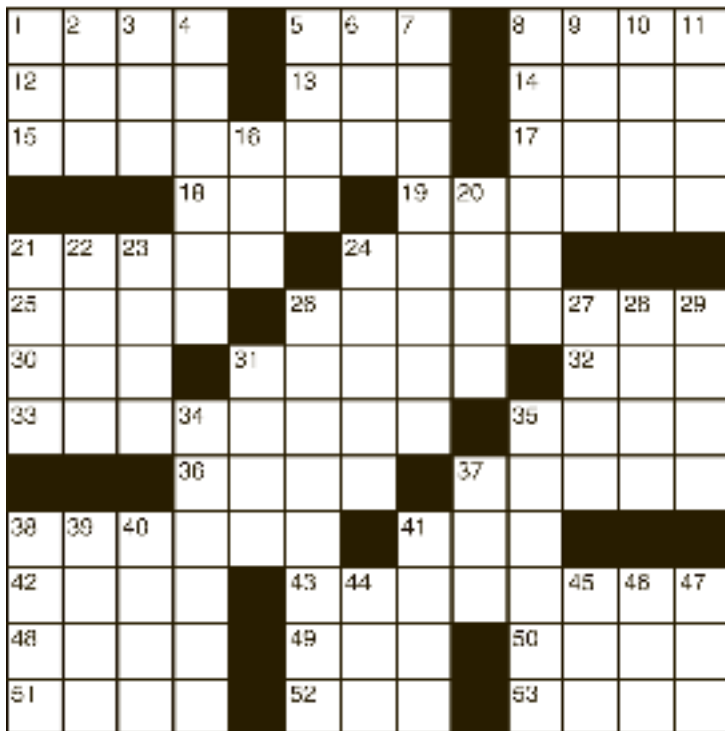
Crossword

Across

1 "Woe is me!"
 5 Snapshot, for short
 8 Church section
 12 Chore
 13 Blonde shade
 14 Bucket
 15 Anise-flavored liqueur
 17 Nursery color, maybe
 18 Larry and Curly's cohort
 19 Heavy hammer
 21 Lights
 24 On the briny
 25 "Hi, sailor!"
 26 Engrossed
 30 More (Sp.)
 31 Sculptor Oldenburg
 32 Regret
 33 Not concrete
 35 Actress Sorvino
 36 Corn peel
 37 Energy
 38 Yell sharply
 41 Chaps
 42 Nickel, for one
 43 Missing person?
 48 Uncontrollable
 49 Postal Creed word
 50 Davenport's site
 51 Wagers
 52 Bribe
 53 Basin accessory

Down

1 — glance
 2 Science workshop
 3 Fool
 4 Meager
 5 Cracker spread
 6 Somewhat (Suff.)



7 Board and 32 pieces
 8 Seem
 9 Settled a debt
 10 Croon
 11 Actress Sommer
 16 Ph. bk. data
 20 Many summertime births
 21 Dalai —
 22 Moby Dick's pursuer
 23 Rolling stone's lack
 24 Unawares
 26 Fairbanks folks
 27 Naval hoosegow
 28 Continental coin

29 Darling
 31 Motley —
 34 Uses one's gray matter
 35 Mickey's girlfriend
 37 Flying geese's formation
 38 Wound cover
 39 Kansas, to Dorothy
 40 Urban disturbance
 41 Abbr. that may cause sticker shock
 44 Ghost's cry
 45 AAA job
 46 Lamb's mama
 47 Listener

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Jonathan

I<3 I am so proud of you and your new job, but now that you have to get up early every day I miss waking up next to you in the mornings :(so here is a kiss for every morning I'm not with you. I love you baby! xoxo

VICTORIA

barrett

im sending you a kiss that every one can see, a little better then kissing in public. I love you every much barrett and I'm very happy, the lord has a plan for us

YOUR LIFE, CRYSTAL

snuggle bunny, baby, the curve of your lips in the moonlight looks like a beautiful rose petal. i miss you everyday you're not with me. the touch of your hand warms up my whole day :) love youuu forever

SNUGGLE ELEPHANT

Today's horoscope

♈ **Aries** March 21-April 20 Over the next 24 hours, don't burn yourself out. Just focus on what is most important — and do it.

♉ **Taurus** April 21-May 21 Don't be put off if someone you meet seems a bit too detached emotionally. You have things in common.

♊ **Gemini** May 22-June 21 There are times when you say things to shock those around you. Be ready for the backlash.

♋ **Cancer** June 22-July 22 Be honest with loved ones. Let them know what they are doing wrong.

♌ **Leo** July 23-Aug. 23 You may be trying to deny your feelings, but is it worth the effort? You know it's bad to bottle them up. Express.

♍ **Virgo** Aug. 24-Sept. 22 Events may have taken some of the gloss off your achievements over the past few days. You'll shine soon.

♎ **Libra** Sept. 23-Oct. 23 Think deeply about your life and where it is headed. Then act.

♏ **Scorpio** Oct. 24-Nov. 22 You may not agree with what certain people are up to but it is not your place to question their actions.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21

Every time you try to get started on something, a force holds you back. It may not be the right time.

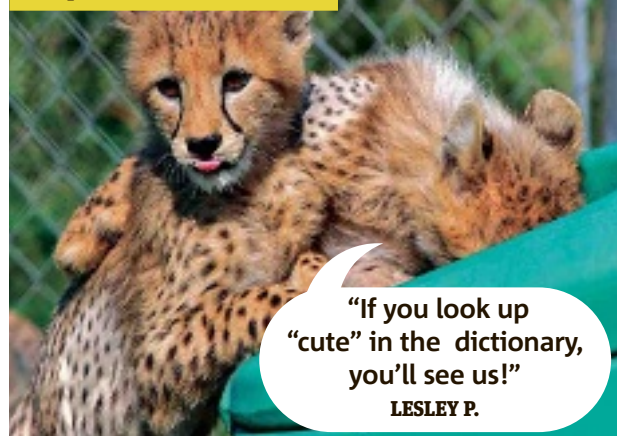
♑ **Capricorn** Dec. 22-Jan. 20

Avoid people and places that depress you. Your mood will improve.

♒ **Aquarius** Jan. 21-Feb. 18 A friend or colleague will give you excellent advice today. If you are smart, you will listen and learn.

♓ **Pisces** Feb. 19-March 20. One-to-one relationships are under both helpful and challenging stars right now. **SALLY BROMPTON**

Caption contest



"If you look up 'cute' in the dictionary, you'll see us!"
LESLEY P.



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- Jen & Al Greer, Episode 2

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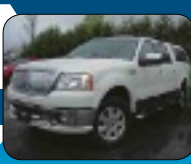
GREAT DEALS ON FUEL SAVERS!



08 Lincoln Mark LT

• 4x4, Loaded, Roof, Lthr, Auto
• st: 32051
• km: 62079

\$31,870
\$279** Bi-weekly



08 Mazda CX-9

• AWD, Loaded, A/C, Lthr, Auto
• st: 32182
• km: 48564

\$25,950
\$163** Bi-weekly



08 Benz B200

• Loaded, A/C, Auto
• st: 32353
• km: 66500

\$17,880
\$163** Bi-weekly



11 Mazda2

• Loaded, A/C, Auto, Brand New
• st: 32649
• km: 30

\$16,950
\$137** Bi-weekly



07 Pontiac Wave

• Std
• st: 32687
• km: 54018

\$6,850
\$62** Bi-weekly



07 Nissan Versa S

• Std
• st: 32719
• km: 58928

\$7,750
\$71** Bi-weekly



11 Volvo C70

• Hardtop Convert, Loaded, Lthr, Auto
• st: 32285
• km: 19652

\$39,930
\$309** Bi-weekly



10 Benz GLK350

• AWD, Loaded, Roof, Lthr, Auto
• st: 32347
• km: 62310

\$37,830
\$293** Bi-weekly



09 Toyota Venza

• AWD, Loaded, A/C, Auto
• st: 31787
• km: 22487

\$26,850
\$208** Bi-weekly



11 Mazda3 GX

• Loaded, A/C, Auto, Brand New
• st: 32650
• km: 139

\$17,950
\$145** Bi-weekly



08 Toyota Yaris

• Std
• st: 32499
• km: 51207

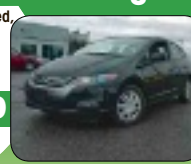
\$9,650
\$88** Bi-weekly



10 Honda Insight

• Hybrid, Loaded, A/C, Auto
• st: 31958-A
• km: 53737

\$18,800
\$152** Bi-weekly



08 Lexus IS 250

• AWD, Loaded, Roof, Lthr, Auto
• st: 29824
• km: 75146

\$28,840
\$253** Bi-weekly



07 Volvo XC90

• AWD, Loaded, Roof, Lthr, Auto
• st: 32592
• km: 64925

\$23,940
\$210** Bi-weekly



07 Lincoln MKZ

• AWD, Loaded, Roof, Lthr, Auto
• st: 32203
• km: 58500

\$18,820
\$171** Bi-weekly



09 Kia Rio

• Loaded, A/C, Auto
• st: 32437
• km: 63588

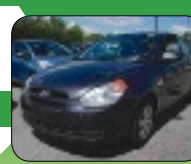
\$9,820
\$79** Bi-weekly



07 Hyundai Accent

• Loaded, A/C, Auto
• st: 32548
• km: 99490

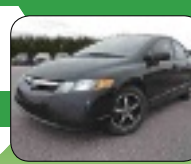
\$6,940
\$63** Bi-weekly



07 Honda Civic DX-G

• Loaded, A/C, Auto
• st: 11136-A
• km: 93331

\$11,350
\$103** Bi-weekly



08 Benz C300

• Loaded, Roof, Lthr, Auto
• st: 32357
• km: 40721

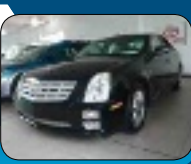
\$28,650
\$251** Bi-weekly



07 Cadillac STS

• AWD, Loaded, Roof, Lthr, Auto
• st: 29658
• km: 79888

\$19,850
\$181** Bi-weekly



07 Benz ML320

• Diesel, AWD, NAV, Lthr, Auto
• st: 32168
• km: 72545

\$34,680
\$304** Bi-weekly



09 Smart Fortwo

• Loaded, A/C, Auto
• st: 32624
• km: 12568

\$12,980
\$105** Bi-weekly



07 Hyundai Elantra

• Auto
• st: 31589
• km: 96648

\$7,950
\$72** Bi-weekly



08 Mini Cooper

• Loaded, A/C, Lthr, Auto
• st: 32001
• km: 71698

\$16,870
\$154** Bi-weekly



UNBEATABLE OFFERS ON ALL MAKES & MODELS

08 VOLVO C30

LOADED, A/C, AUTO • 77462km
st:32561 • **\$16,970** • bw:\$155**

07 VIBE

A/C • 95204km
st:32044 • **\$8,950** • bw:\$82**

07 EQUINOX LT

LOADED, A/C, SUNROOF • 57348km
st:32482 • **\$13,640** • bw:\$124**

10 MUSTANG CONVERT

LOADED, A/C, AUTO • 53533km
st:31839 • **\$23,850** • bw:\$185**

09 SPECTRA LX

LOADED, A/C, AUTO • 55680km
st:31179 • **\$9,980** • bw:\$81**

08 FORD RANGER XL

STD • km:82025
st:32350 • **\$9,820** • bw:\$89**

07 SATURN AURA XE

LOADED, A/C, AUTO • 81620km
st:31687 • **\$9,660** • bw:\$88**

10 SUZUKI SX4

LOADED, A/C, AUTO • 60092km
st:32707 • **\$10,970** • bw:\$89**

07 UPLANDER LS

LOADED, A/C • 90245km
st:31512 • **\$9,650** • bw:\$88**

10 GR.CARAVAN SE

STOW N GO, LOADED, A/C • 65190km
st:32706 • **\$16,960** • bw:\$137**

07 FUSION SE

LOADED, A/C, ROOF • 88779km
st:32483 • **\$9,970** • bw:\$91**

09 PATRIOT 4WD

LOADED, A/C, AUTO • 98961km
st:32703 • **\$13,650** • bw:\$110**

10 COROLLA CE

LOADED, A/C, AUTO • 65154km
st:32303 • **\$14,450** • bw:\$117**

07 PONTIAC G6 GT CONVERT

LOADED, A/C, AUTO • 74951km
st:32611 • **\$14,950** • bw:\$136**

09 LANCER

LOADED, A/C, AUTO • 38247km
st:32401-A • **\$12,800** • bw:\$104**

07 TOYOTA RAV4 4WD

LOADED, A/C, AUTO • 94969km
st:32215 • **\$16,840** • bw:\$153**

07 RABBIT

LOADED, A/C • 71325km
st:32523 • **\$11,950** • bw:\$109**

08 ESCAPE XLT

LOADED, A/C, AUTO • 60987km
st:32597 • **\$14,460** • bw:\$132**

07 MATRIX

STD • 91796km
st:31443 • **\$7,950** • bw:\$72**

10 SENTRA

LOADED, A/C, AUTO • 60529km
st:32385 • **\$13,750** • bw:\$111**

09 PT-CRUISER

LOADED, A/C, AUTO • 61199km
st:32428 • **\$8,950** • bw:\$72**

07 SAAB 9-3

LOADED, AUTO, SUNROOF • 50906km
st:32005 • **\$14,950** • bw:\$136**

10 ALTIMA 2.5S

LOADED, A/C, AUTO • 75294km
st:32443 • **\$14,950** • bw:\$121**

07 JETTA CITY

LOADED, A/C, SUNROOF • 83684km
st:32546-A • **\$11,650** • bw:\$106**

07 MURANO SL AWD

LOADED, A/C, AUTO • 94659km
st:32666 • **\$16,340** • bw:\$149**

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